

# when my friend acts this way, i should get him or her help

## Feelings

- ▶ Feels angry, throws things, really mad all the time
- ▶ Cries a lot because of sadness
- ▶ Feels bad about him or her self
- ▶ Extremely scared that something bad is going to happen to them or people they care about
- ▶ Constantly concerned about physical problems or appearance;
- ▶ Worries about being harmed, or about doing something "bad;"

## Changes

- ▶ Cannot get school work done
- ▶ Cannot sleep at night
- ▶ Has lots of nightmares
- ▶ Wants to run away from family
- ▶ Says that life is too hard to handle, and is thinking about suicide;

## Risky Choices

- ▶ Drinks alcohol or uses drugs
- ▶ Wants to hurt other people, destroy property, or break the law
- ▶ Wants to hurt self
- ▶ Doesn't want to hang around friends, wants to be alone all the time.

# when teens need help contact

## Hawai'i CARES 24/7 crisis and referral line:

O'ahu: 832-3100

Toll Free: 800-753-6879

This service helps children, youth, and adults.

## Family Guidance Centers:

O'ahu: 733-9393

All other islands: 1-800-294-5282

Website: <https://health.hawaii.gov/camhd/family-guidance-centers/>

## Teen Line:

Website: [www.teenlinehawaii.org](http://www.teenlinehawaii.org)

# other helpful resources

## State of Hawai'i Network of Care:

Website: [hawaii.networkofcare.org](http://hawaii.networkofcare.org)

## Mental Health America of Hawai'i:

Website: [www.mentalhealth-hi.org](http://www.mentalhealth-hi.org).

Click on "Finding Help" This is a very complete resource for statewide help with contacts.

## Child and Family Services (CFS):

'Ohana Support Services

Warm line: 844-748-3070 (Statewide)

[www.chidandfamilyservice.org/programs/oss/](http://www.chidandfamilyservice.org/programs/oss/)

Parent Line: [theparentline.org](http://theparentline.org)

O'ahu: 526-1222

All other islands: 1-800-816-1222



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# mentally healthy,



# physically fit

# teens helping



# teens get help

# services for teens

Teens with emotional problems need to know they can get help from people who care. There are many options for help. A teen can ask a parent, other family member, doctor, school counselor, a friend, call the crisis hotline or call the local Family Guidance Center for help.

Many teens can get services after school, in the evenings or during weekends. Schools are also a place where a teen gets the help he or she needs.



## what kind of person can help teens?

A mental health professional should be a warm, caring professional. Teens may feel a little awkward at first, but should begin to feel comfortable after meeting with a person who can help them. It is not unusual to feel a bit anxious, frightened, angry or resistant to help at the beginning.

Effective mental health professionals are trained to anticipate and work with all kinds of feelings so that open communication can take place. To select a mental health professional, a teen may want to talk to more than one person to see who he or she feels most comfortable with.

## when in doubt, best to consult an expert.

If a decision is made to seek professional help, it is very important that the teen is aware of choices and be included in making a plan for positive changes.

## school based services

In public schools, each school provides student support services for students experiencing any difficulty that might impact their learning. When emotional distress or behaviors affect you, you can seek help from a school counselor at any time. That person should be able to help you with your concerns.

If you notice your friend might have emotional or behavioral problems that are affecting school attendance or grades, you could suggest that your friend talk to someone he or she likes, such as a teacher, counselor, student services coordinator (SSC), social worker and/or principal. One of those people can assist your friend in seeking help from other state agencies or a private mental health provider so that you can access the support needed.

Private schools may provide similar services. Don't be afraid to ask.